

# Benton Harbor-St. Joseph

# YMCA

## Bench Press Contest

Saturday, Feb. 20, 2010

12:30 pm Start

Bench Press Weight Divisions:

### Men's and Women's:

Weight divisions will be adjusted according to sign up.

Divisions will generally be split every 15 pounds.

Example: 110-124lbs 125-139lbs

### Age Divisions:

Age divisions will be adjusted according to sign up.

Divisions will generally be split every 10 years of age.

Example: 20-29yrs. 30-39yrs.

### General Rules:

- Each lifter must weigh in (without shoes) between 11:30 and 12:15 the morning of the event.
- Lifters will be weighing in the locker room.
- Lifters will get three lifts. After the first attempt, lifters may not drop down in weight.
- The bar must stop at the chest, feet and back must remain motionless in contact with the floor or bench.
- Detailed instructions will be supplied when you sign up. The lift must be acceptable to 2 of the 3 judges.

**This is not a sanctioned event. Bench press shirts are not allowed.**

**All participants are expected to be drug free.**

Entry Fee: Members - \$15 Community - \$20

Held at the YMCA in the Multi-Purpose Room.



3665 Hollywood Road • St. Joseph, Michigan • 269-428-YMCA (9622)

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ St. \_\_\_\_\_ ZIP \_\_\_\_\_ Age \_\_\_\_\_

**Division:**

Men's

Women's

**Weight** \_\_\_\_\_

(Actual weight will be determined at weigh in)

YMCA Bench Press Contest

Drop off entry with payment at the Member Service Desk or mail to:  
Benton Harbor-St. Joseph YMCA, 3665 Hollywood Rd., St. Joseph, MI 49085